

PE Assessment: The Importance of a Warm Up

Learning objective: To identify why we warm up and describe how to prepare our bodies for exercise.

Read each question carefully. Use the word bank if you get stuck. Write your answers in the spaces provided.

Max the monkey is getting ready for a big race. Before he starts running, he spends five minutes doing gentle activities to get his body ready. This is called a warm up. It helps him stay safe and perform his best.

Word bank: heart · muscles · safe · energy · stretches · jogging

1. 1. Why does Max do a warm up before he races? (Tick one box)

☐ To get tired

☐ To keep his body safe

☐ To eat his lunch (2 marks)

2. 2. What happens to your heart rate when you start a warm up? (Complete the sentence: My heart beats _____.) (2 marks)

3. 3. List two activities you could do in a warm up. Use the word bank to help you. (4 marks)

4. 4. Why is it important to warm up our muscles? (Sentence starter: We warm up our muscles to stop them from...) (4 marks)

5. 5. Max is preparing for his race. Write a short plan (3 steps) for a good warm up. Think about what you do first, second, and third. (8 marks)

6. 6. How does a warm up help you feel ready for a game of tag? (5 marks)

Draw: Draw a picture of yourself doing a gentle stretch before a PE lesson.



Extension challenge: Total: /25. Challenge: Why do you think athletes like Leo the Lion feel more energetic after they have finished their warm up?